Benefits of choosing compassionate options:

When I experience my work environment as compassionate

COMPASSION IS LINKED TO:
- Happiness
- Gratitude
- Resilience to stress
- Physical health and well-being, (Live longer)
- Promotes social connections
- Powerful antidote to loneliness, social anxiety or separation
- Key source of meaning and hope

(K. McGonigal, PhD)

PATIENTS REPORTING THEY RECEIVED COMPASSIONATE CARE:
- Faster healing of wounds
- Reduced pain
- Reduced anxiety
- Reduced blood pressure
- Shorter hospital stays
- Greater sense of trust

(CCARE, Stanford)

For info: Anna DeLong, LCSW
UVA FEAP, CCI Ambassador

COMPASSION ADVANTAGE for ORGANIZATION:
- Financial resilience, profitability & customer retention
- Human-based collective capabilities, (creativity, learning, etc.)
- Sustainable competitive advantage.
- Service quality.
- Adaptability

(Worline, PhD; Dutton, PhD)